

Between fifteen minutes and one hour out of your working week could help someone feel less lonely or isolated!

We're looking for generous, community-spirited employers, throughout Monmouthshire, who'll release employees to work as volunteers with social and community projects for up to 1 hour per week. Support and training provided by our experienced local coordinators.

Phone us on: 01600 887568

and we'll arrange a call-back from our coordinator in your area

You can also email us at: wellbeing@bridgescentre.org.uk

or visit: www.volunteeringmonmouthshire.org.uk

Volunteering for Wellbeing

a BRIDGES CENTRE initiative, charity no: 1079085



Volunteering for Wellbeing in Monmouthshire

Doing something useful or 'giving' through meaningful volunteer roles can help us to feel positive and valued; this can improve our health and wellbeing.

Your employer is keen to support community and staff wellbeing. Here are some of the ways you could get involved...

Providing some company

Visit someone who can't get out, for a cup of tea and a chat.

Making a welcome phone call

Give someone a call once a week for a chat and to make sure they're alright.

Helping someone in a practical way

Provide a little help with things like shopping, dog walking or tidying a garden.

Giving someone a lift

Enable someone to get to a weekly social group or appointment.



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